

MUSCLE

WEIGHT BENCH SERIES E131/E134



MODEL NO. E131/E134
SERIAL NUMBER
Write serial number in the space
above for reference.

90 day
3 year

APPROXIMATE SETUP
DIMENSIONS:
66" L X 46" W X 40 1/2" H
APPROXIMATE WEIGHT:
48 LBS.

weider.
OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll-free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1302E1310

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Weight Bench on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Keep hands away from moving parts other than the designated handles.
6. Keep small children away from this equipment during use.
7. Do not allow small children to play on this equipment unattended.
8. Wear appropriate workout attire, including running or aerobic shoes.

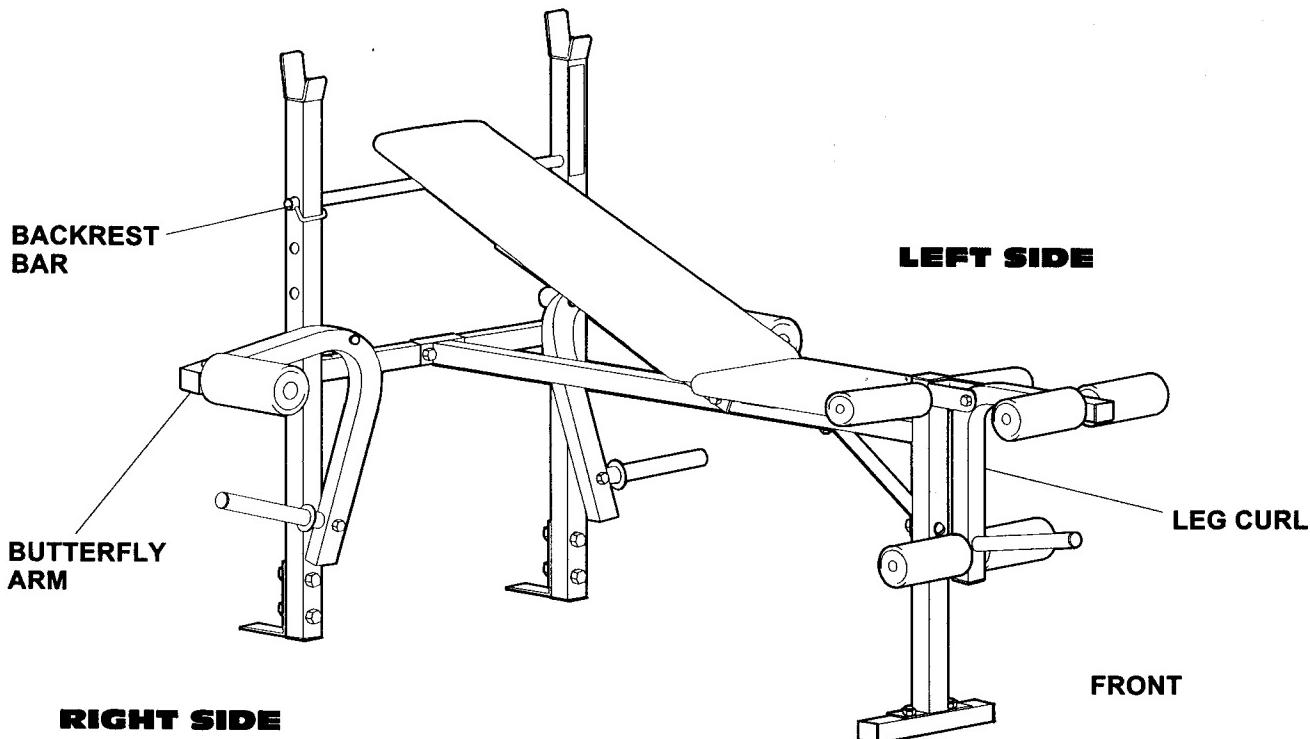
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

INTRODUCTION

Thank you for choosing the Weider MUSCLE E131. Your Weight Bench is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



ESTIMATED TIME OF ASSEMBLY IS 1 1/2 - 2 HOURS

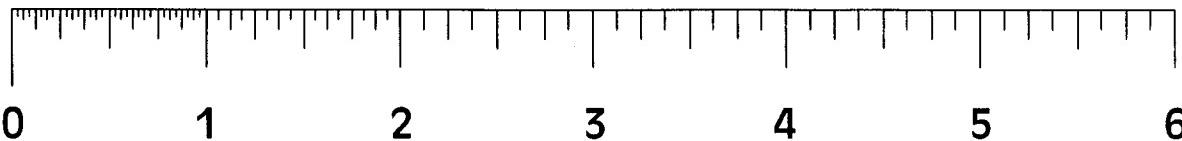
TOOLS REQUIRED FOR ASSEMBLY:

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches.
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

MAINTENANCE TIPS:

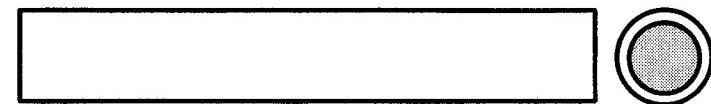
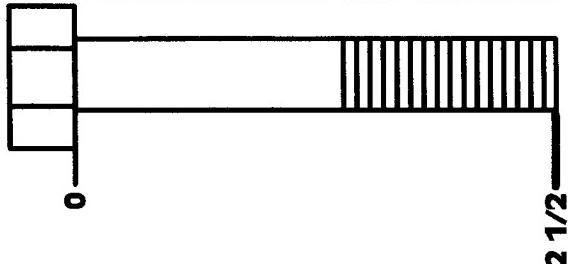
Keeping your weight bench in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and a mild, non-abrasive detergent.

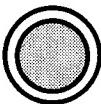


E131 HARDWARE SCALING SHEET

Scale can be used for 3/8" Hex Head Bolts

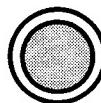
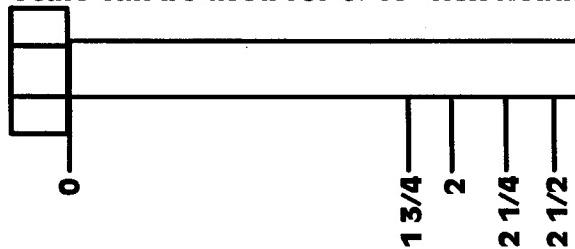


1/2" X 3" PLASTIC SLEEVE



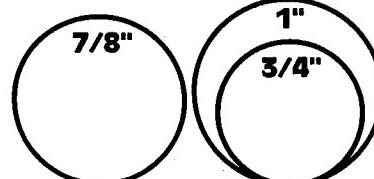
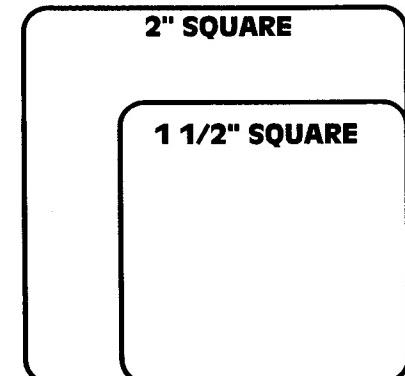
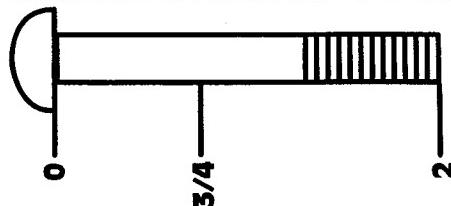
2" PLASTIC SLEEVE

Scale can be used for 5/16" Hex Head Bolts



1/2" X 13/16" METAL FERRULE

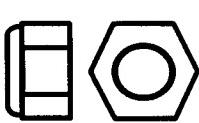
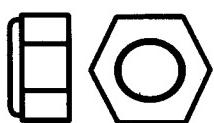
Scale can be used for 1/4" Round Head Machine Screws



ROUND PLASTIC CAPS

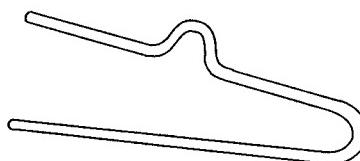
SQUARE PLASTIC CAPS

5/8 NYLON LOCK NUT



5/16 NYLON LOCK NUT

1/4 NYLON LOCK NUT



STOPPER PIN



E131 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	UPRIGHT	1	C0297-E01*G50
2	L-BRACKET	2	C6125-A22*G50
3	MAIN FRAME	1	C2129-E01*G50
4	FRONT SUPPORT	1	C0116-C14*G50
5	BACKREST ADJ BAR	1	C6054-A06*G50
6	FOAM ROLLER - 2 1/4" X 6"	2	C0449-E08*G50
7	PAD BAR - 3/4" X 11 1/2"	2	C6136-C08*G50
8	BACKREST	1	C1330-E01*G50
9	SEAT	1	C1331-E01*G50
10	LONG ANGLE IRON	2	C6250-E01*G50
11	LEG CURL	1	C0152-D01*G50
12	WEIGHT PIN - 1" X 13 3/4"	1	C0148-C15*G50
13	FOAM ROLLER - 2 3/4" X 5"	6	C0437-B25*G50
14	BUTTERFLY - RIGHT	1	C6156-C14*G50
15	BUTTERFLY - LEFT	1	C6158-C14*G50
16	BUTTERFLY WEIGHT PIN - 1" X 11"	2	C6230-D04*G50
17	BUTTERFLY PAD BAR - 3/4" X 9"	2	C6157-C14*G50
18	PAD BAR - 3/4" X 13 1/2"	1	C6121-A25*G50
19	ANGLE BRACKET	1	C6912-E01*G50
50	5/16" X 2 1/4" HEX HEAD BOLT	2	HH-5199*G50
51	5/16" X 2 1/2" HEX HEAD BOLT	4	HH-5053*G50
54	5/16" X 5" HEX HEAD BOLT	2	HH-5328*G50
55	5/16" NYLON LOCK NUT	12	HH-5012*G50
56	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G50
57	3/8" NYLON LOCK NUT	1	HH-5013*G50
58	1/4" X 2" ROUND HEAD MACHINE SCREW	4	HH-5256*G50
59	1/4" X 3/4" ROUND HEAD MACHINE SCREW	6	HH-5022*G50
60	1/4" NYLON LOCK NUT	4	HH-5011*G50
69	7/8" ROUND PLASTIC INSERT CAP	2	AA-8088*G50
70	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*G50
71	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*G50
72	1" ROUND PLASTIC INSERT CAP	3	AA-8005*G50
73	1" ROUND PLASTIC COVER CAP - 15° END	1	AA-8070*G50
74	3/4" ROUND PLASTIC INSERT CAP	9	AA-8004*G50
75	WEIGHT STOP	2	AA-8112*G50
76	2" LONG FLAIR END PLASTIC SLEEVE	2	AA-8321*G50
77	1/2" O.D. X 3" LONG PLASTIC SLEEVE	2	AA-8128*G50
78	STOPPER PIN	2	WW-7038*G50
79	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5441*G50
80	5/16" X 4" HEX HEAD BOLT	1	HH-5302*G50
81	1/2" O.D. X 13/16" LONG METAL SPACER	2	HH-5385*G50
90	UPRIGHT DECAL - MUSCLE	1	DE-4164*G50
	ASSEMBLY MANUAL	1	CNN-1302*G50
	HARDWARE BAG (BOLTS & NUTS)	1	C8895-G50*G50
	HARDWARE BAG (PLASTICS & FOAM ROLLERS)	1	C8896-G50*G50

ORDERING PARTS

CONGRATULATIONS on selecting a WEIDER FITNESS PRODUCT. You have joined thousands of health conscious men and women in the growing family of WEIDER CUSTOMERS.

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR * OWNER'S REGISTRATION CARD * WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

- 1. Name of the Product (MUSCLE)**
- 2. Model Number of the Product (E131)**
- 3. Ordering Number of the Part (See Parts List Page)**
- 4. Description of the Part from the Parts List Page.**
- 5. Country of the Manufacturer (See Cover)**

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

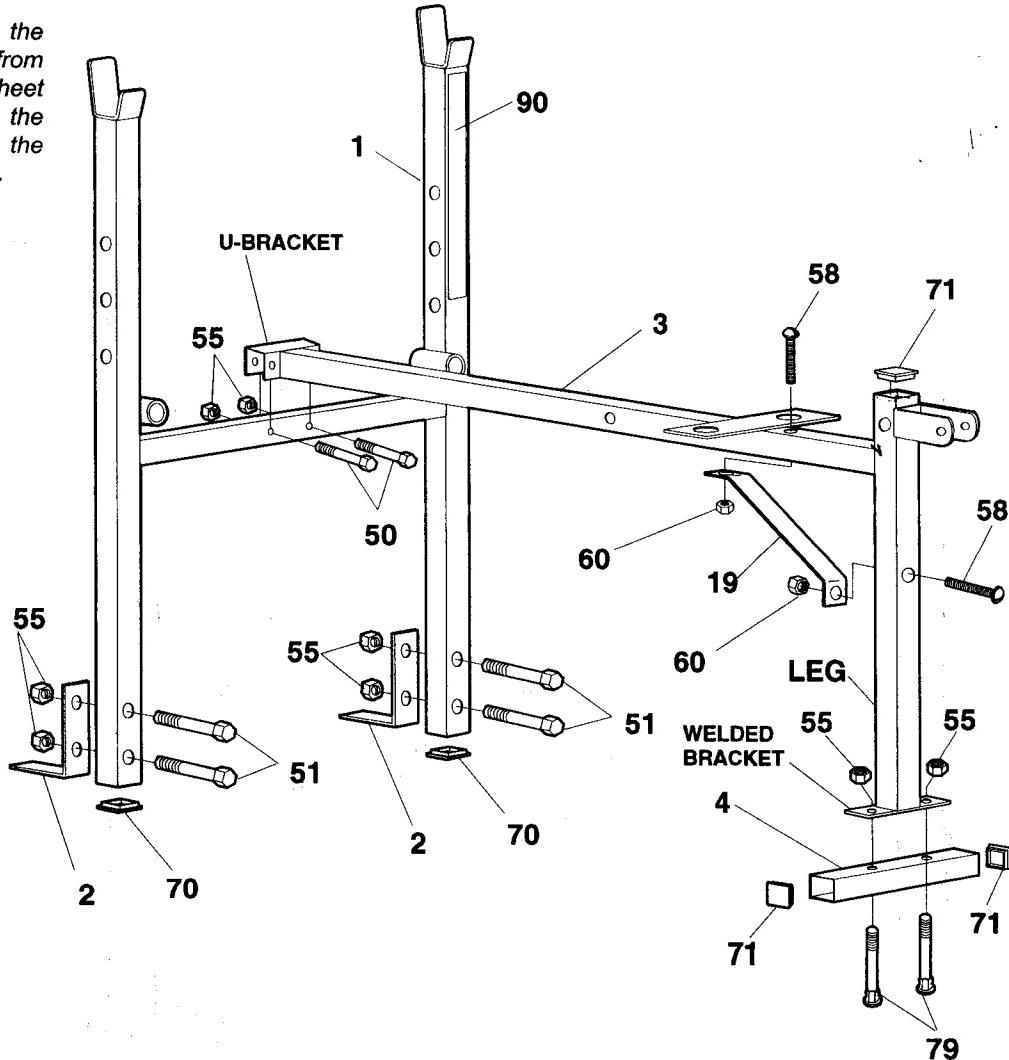
All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
50 5/16" X 2 1/4" HEX HEAD BOLT	2
51 5/16" X 2 1/2" HEX HEAD BOLT	4
55 5/16" NYLON LOCK NUT	8
58 1/4" X 2" ROUND HEAD MACHINE SCREW	2
60 1/4" NYLON LOCK NUT	2
70 2" SQUARE PLASTIC INSERT CAP	2
71 1 1/2" SQUARE PLASTIC INSERT CAP	3
79 5/16" X 1 3/4" HEX HEAD BOLT	2

- Begin by pressing 2" SQUARE PLASTIC INSERT CAPS (70) into the bottom ends of the UPRIGHT (1).
- Press 1 1/2" SQUARE PLASTIC INSERT CAPS (71) into the ends of the FRONT SUPPORT (4) and into the top of the MAIN FRAME (3) Leg.
- Align the bolt holes on the L-BRACKETS (2) with the bolt holes on the back of the UPRIGHT (1). Using 5/16" X 2 1/2" HEX HEAD BOLTS (51), bolt through the front of the Upright and then through the L-Bracket. Secure with 5/16" NYLON LOCK NUTS (55).
- Look carefully at the FRONT SUPPORT (4). One side of the Front Support has the bolt holes dimpled in - this is the side of the part that must be faced to the floor. Bolt the MAIN FRAME (3) front Welded Bracket to the top of the Front Support using 5/16" X 1 3/4" HEX HEAD BOLT (79) to bolt up through the bottom of the Support and then through the Main Frame. Secure with 5/16" NYLON LOCK NUTS (55).
- Attach the ANGLE BRACKET (19) to the inside of the Leg and top of the MAIN FRAME (3) using 1/4" X 2" MACHINE SCREWS (58) to bolt through the outside of the Main Frame and then through the Bracket. Secure with 1/4" NYLON LOCK NUTS (60).
- Bolt the rear U-Bracket of the MAIN FRAME (3) to the Cross-member of the UPRIGHT (1) using two 5/16" X 2 1/4" HEX HEAD BOLTS (50) to bolt through the bracket of the Main Frame and then through the Upright. Secure with 5/16" NYLON LOCK NUTS (55).

- Remove the DECAL (90) from the backing sheet and apply to the top of the UPRIGHT (1).

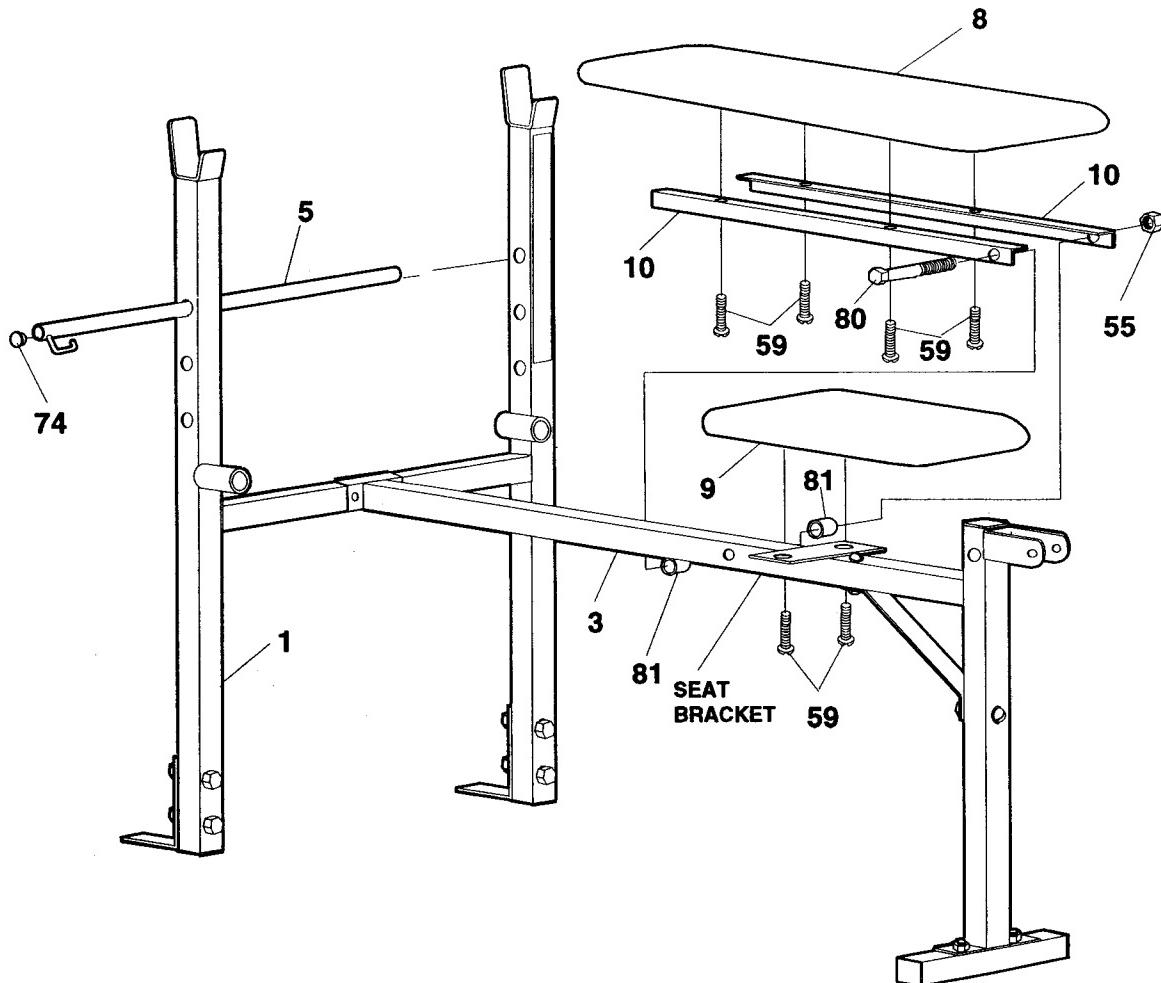


STEP 2 BACKREST & SEAT ASSEMBLY

PART NAME	QTY
55 5/16" NYLON LOCK NUT	1
59 1/4" X 3/4" ROUND HEAD MACHINE SCREW	6
74 3/4" ROUND PLASTIC INSERT CAP	1
80 5/16" X 4" HEX HEAD BOLT	1
81 1/2" O.D. X 13/16" LONG METAL SPACER	2

Turn the BACKREST (8) over to expose the threaded holes. Position the LONG ANGLE IRONS (10) so that the flat side of the Angle Irons faces the outside of the Backrest and fasten with 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (59). DO NOT COMPLETELY TIGHTEN THESE SCREWS AT THIS TIME!

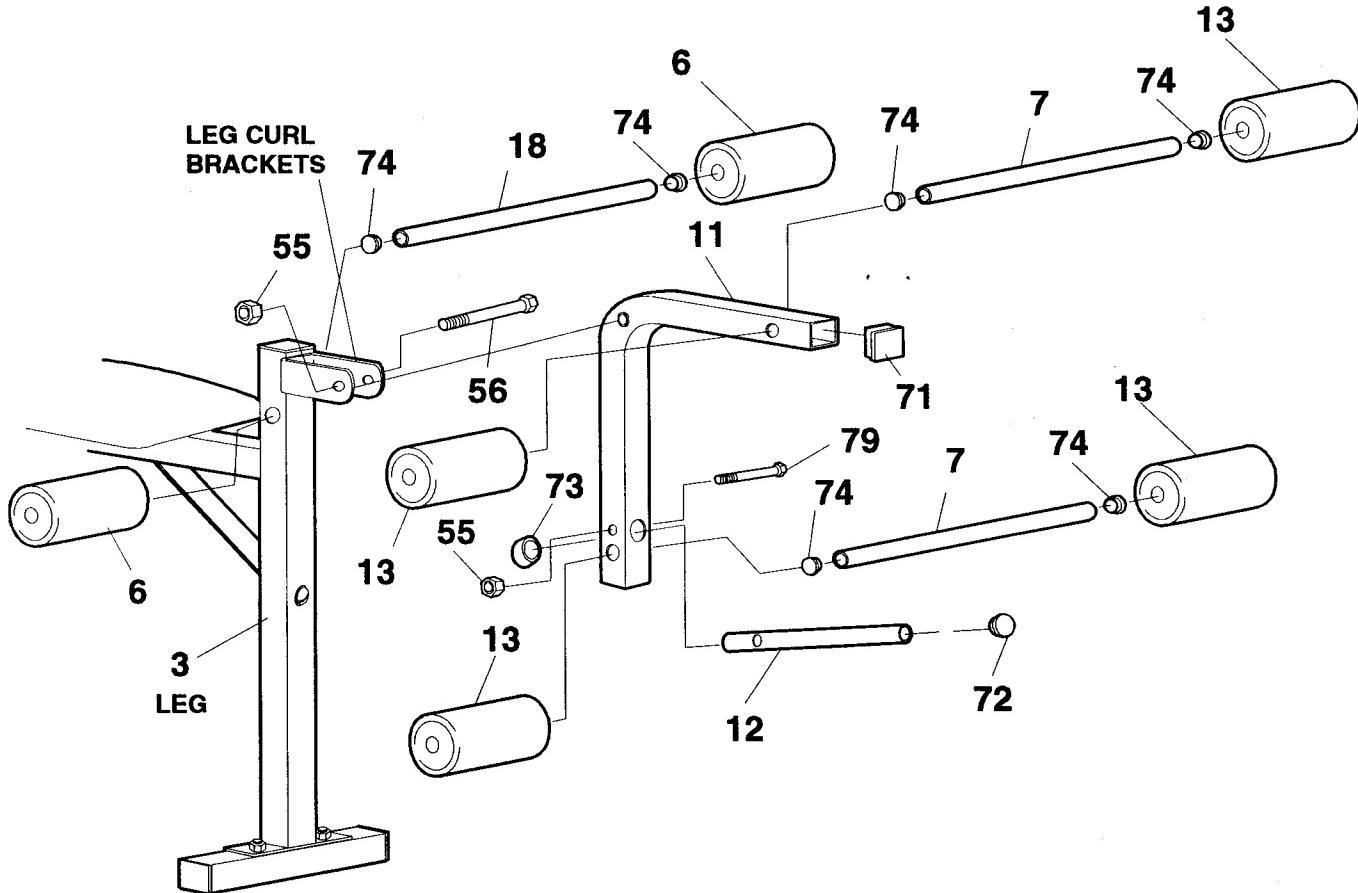
- The bottom end of the BACKREST (8) is the end which the LONG ANGLE IRONS (10) extend past. This is also the end that is assembled to the MAIN FRAME (3).
- Straddle the LONG ANGLE IRONS (10) over the bolt hole in the MAIN FRAME (3) where the BACKREST (8) is to be assembled. Assemble the 5/16" X 4" HEX HEAD BOLT (80) into the large hole at the very end of one of the Angle Irons and then through one 1/2" O.D. X 13/16" LONG METAL SPACER (81). The Hex Head Bolt will next go all the way through the Main Frame. As it comes out of the Main Frame on the other side, place another METAL SPACER (81) onto the Bolt and push the Bolt the rest of the way through into the opposite Angle Iron. Secure with a 5/16" NYLON LOCK NUT (55).
- TIGHTEN ALL THE MACHINE SCREWS (59) ON THE BACK OF THE BACKREST (8) AT THIS TIME.
- Align the SEAT (9) onto the Seat Bracket on the MAIN FRAME (3) and attach with 1/4" X 3/4" ROUND HEAD MACHINE SCREWS (59).
- Press a 3/4" ROUND PLASTIC INSERT CAP (74) into the Handle end of the BACKREST ADJ BAR (5) and position the Bar into one of the hole patterns in the UPRIGHT (1). The Backrest Adj Bar is used to position the Backrest into three positions for doing various exercises.



STEP 3 LEG CURL ASSEMBLY

PART NAME	QTY
55 5/16" NYLON LOCK NUT	1
56 3/8" X 2 1/2" HEX HEAD BOLT	1
57 3/8" NYLON LOCK NUT	1
71 1 1/2" SQUARE PLASTIC INSERT CAP	1
72 1" ROUND PLASTIC INSERT CAP	1
73 1" ROUND PLASTIC COVER CAP - 15° END	1
74 3/4" ROUND PLASTIC INSERT CAP	6
79 5/16" X 1 3/4" HEX HEAD BOLT	1

- Press a 1 1/2" SQUARE PLASTIC INSERT CAP (71) into the forward end of the LEG CURL (11).
- Select the WEIGHT PIN (12) - a round tube 1" in diameter and 13 3/4" long with a hole in one end. Into the end without the hole, press a 1" ROUND PLASTIC INSERT CAP (72). Insert the end of the Weight Pin with the hole into the angled hole on the front lower LEG CURL (11). Align the bolt holes and secure using a 5/16" X 1 3/4" HEX HEAD BOLT (79) to bolt through the Leg Curl and then through the Weight Pin. Secure with a 5/16" NYLON LOCK NUT (55).



- Place a 1" ROUND PLASTIC COVER CAP - 15° END (73) over the rear extended portion of the WEIGHT PIN (12). (The 15 degree side of the Cap should be oriented to the angle of the Weight Pin.)
- Position the LEG CURL (11) between the Leg Curl Brackets on the MAIN FRAME (3) Leg. Secure using a 3/8" X 2 1/2" HEX HEAD BOLT (56) to bolt through the Bracket and then through the Leg Curl. Secure with a 3/8" NYLON LOCK NUT (57). DO NOT OVER TIGHTEN OR THE LEG CURL WILL NOT BE ABLE TO SWING FREELY!
- Select the 3/4" X 13 1/2" PAD BAR (18). Press 3/4" ROUND PLASTIC INSERT CAPS (74) into the ends of the Bar. Wipe a small amount of liquid dish detergent to both ends of the Pad Bar to aid in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Assemble a 2 1/4" X 6" FOAM ROLLER (6) onto one end of the Pad Bar and then insert this assembly into the large access hole located at the top of the MAIN FRAME (3) Leg. Assemble another FOAM ROLLER (6) onto the opposite end of the Bar.
- Select the two 3/4" X 11 1/2" PAD BARS (7). Press 3/4" ROUND PLASTIC INSERT CAPS (74) into each end of the Pad Bars. Again, wipe a small amount of liquid dish detergent along the ends of the Bar to aid in the assembly of the Foam Rollers. Assemble 2 3/4" X 5" FOAM ROLLERS (13) onto one end of each of these Pad Bars. Assemble these Pad Bar assemblies into each end of the LEG CURL (11) and assemble another FOAM ROLLER (13) onto each of the opposite ends of the Pad Bars.

STEP 4 BUTTERFLY ASSEMBLY

PART NAME	QTY
54 5/16" X 5" HEX HEAD BOLT	2
55 5/16" NYLON LOCK NUT	2
58 1/4" X 2" ROUND HEAD MACHINE SCREW	2
60 1/4" NYLON LOCK NUT	2
69 7/8" ROUND PLASTIC INSERT CAP	2
71 1 1/2" SQUARE PLASTIC INSERT CAP	2
72 1" ROUND PLASTIC INSERT CAP	2
74 3/4" ROUND PLASTIC INSERT CAP	2
75 WEIGHT STOP	2
76 2" LONG FLAIR END PLASTIC SLEEVE	2
77 1/2" O.D. X 3" LONG PLASTIC SLEEVE	2
78 STOPPER PIN	2

» There are two Butterfly attachments with this unit: a **RIGHT BUTTERFLY** (14) and a **LEFT BUTTERFLY** (15). Instructions are given for one and are repeated to assemble the other.

- Assemble the end with the hole of the **3/4" X 9" BUTTERFLY PAD BAR** (17) into the large hole in the side and at the upper end of the **Butterfly Frame**. (Assemble this into the side of the Frame which does not have the **Welded Butterfly Round Tube**.) Aligning bolt holes and using a **1/4" X 2" ROUND HEAD MACHINE SCREW** (58), bolt down through the top of the **Butterfly Frame** and then through the **Butterfly Pad Bar**. Secure with a **1/4" NYLON LOCK NUT** (60).
- Press a **3/4" ROUND PLASTIC INSERT CAP** (74) into the end of the **BUTTERFLY PAD BAR** (17). Slide a **2 3/4" X 5" FOAM ROLLER** (13) onto the end of the **Butterfly Pad Bar**. Again a small amount of liquid dish detergent will help with this assembly.

- At the other end of the **Butterfly Frame**, there is a large angled hole on the inside of the Frame. Assemble the end of the **1" X 11" BUTTERFLY WEIGHT PIN** (16) with the hole, into the large hole on the inside of the Frame. Using a **5/16" X 5" HEX HEAD BOLT** (54), bolt through the **Butterfly Frame** and then through the **Weight Pin**. Assemble a **1/2" O.D. X 3" LONG PLASTIC SLEEVE** (77) onto the **Bolt end** and secure with a **5/16" NYLON LOCK NUT** (55).

- Press a **1" ROUND PLASTIC INSERT CAP** (72) into the end of the **WEIGHT PIN** (16). Slide a **WEIGHT STOP** (75) (flared side out) over the **Weight Pin** until it is against the **Butterfly Frame**.

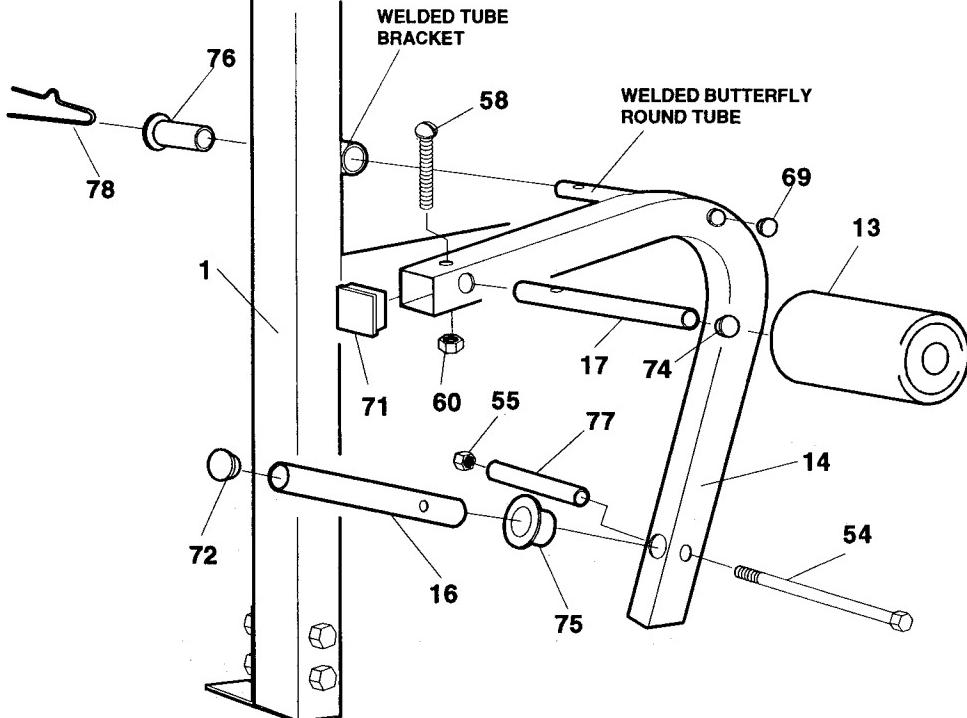
- Assemble a **2" LONG FLAIR END PLASTIC SLEEVE** (76) (flared side out) over the **Welded Butterfly Round Tube** on the **Butterfly Frame**.

- Slide the entire assembly now into the **Welded Tube Bracket** on the **UPRIGHT** (1).

- Insert the **STOPPER PIN** (78) into the center of the assembly (rounded end first), making sure that side of the Stopper Pin that has a raised section is aligned with the hole in the **Welded Butterfly Round Tube**. Push the Stopper Pin into the **Welded Butterfly Round Tube** until it clicks into place as the raised section exits the hole.

- Press a **7/8" ROUND PLASTIC INSERT CAP** (69) into the outside extended portion of the **Welded Butterfly Round Tube**.

- Press a **1 1/2" SQUARE PLASTIC INSERT CAP** (71) into the top end of the **Butterfly Frame**.



EXERCISE FREQUENCY

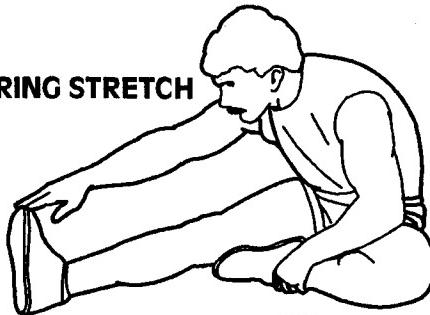
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down.
Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



HAM STRING STRETCH

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

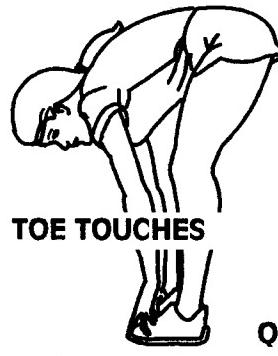


INNER THIGH STRETCH

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

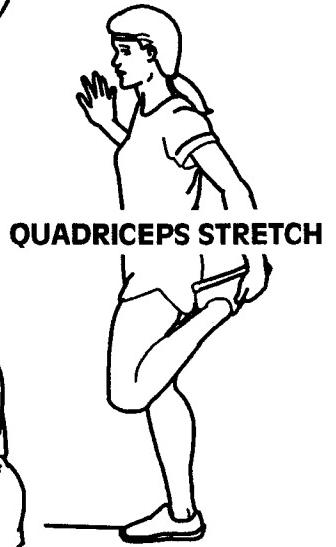


TOE TOUCHES

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

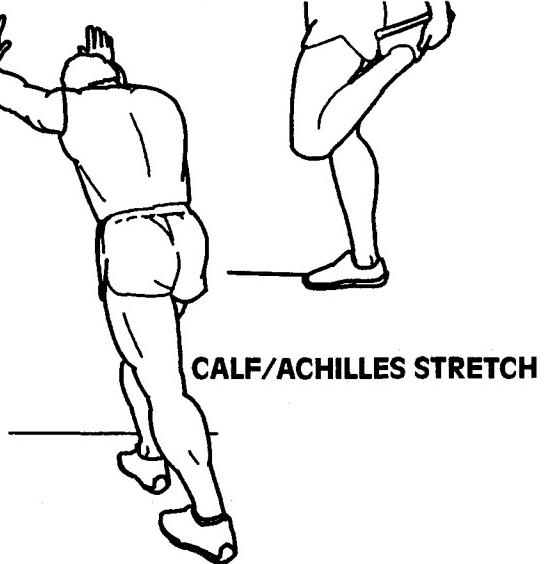


QUADRICEPS STRETCH

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.



CALF/ACHILLES STRETCH

Stretches: Calves, Achilles Tendons, and Ankles

LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.